

THE FRANK VINDICATOR

VOL I NO 21

FRANK, ALBERTA, FRIDAY, FEBRUARY 10, 1911.

\$2.00 YEARLY

SOUTHERN HOTEL

STEVE MANAHAN - PROPRIETOR

NEWLY OPENED. EVERYTHING UP-TO-DATE
WINES, SPIRITS, CIGARS, ETC.
—Only the Best Quality kept—
HOUSE STEAM-HEATED THROUGHOUT'

BELLEVUE. - ALBERTA

W. G. WARN

The Busy Grocery Store of Hillcrest

Has just taken up the agency for the Pincher Creek Mill & Elevator Company's Flour - ALBERTA'S FINEST. This Company has just installed one of the latest and most up-to-date mills in Canada and guarantee every bag.

With every trial bag of

ALBERTA'S BEST

we give you one five-pound bag of CREMO and if after two bittings you are not satisfied we refund you the price of flour purchased. This is surely a fine inducement for you to try a bag of flour milled in your own Province by your own neighbor. Go to Warn's and purchase a trial bag.

Warn carries a full line of first-class Groceries and can give you satisfaction on every article you purchase and also the best price in the Pass.

W. G. WARN

HILLCREST - ALBERTA

Bellevue Meat Market

P. HART, - Proprietor

FRESH MEATS FRESH MEATS

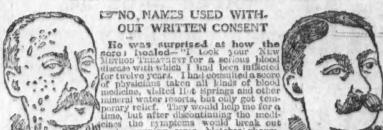
Mutton Pork Veal Fish
Poultry Eggs, Etc.

Fresh Beef from our own ranch
daily

Orders Receive Prompt Attention

BLOOD DISEASES CURED

Drs. K. & K. Established 20 Years



NO NAMES USED WITHOUT WRITTEN CONSENT

He was surprised at how the
New Mexico THERAPY for a serious blood
disease cured him. He had suffered from
it for twelve years. He had consulted many
doctors, taken all kinds of medicine,
including various tonics and other
medicinal water receipts, but only got temporary
relief. After discontinuing the medi-
cine, he again became ill, with a severe
headache, running sores, blisters, rheum-
atic pains, loss of the hair, swelling
of the skin, dyspepsia, stomach-
ache, piles, etc.

After Treatment

He was advised to consult you, as he had cured himself of a similar disease 8 years ago.

He had no hope, but took his chance.

He continued the New Mexico THERAPY for four months

and at the end of that time every symptom had disappeared.

He is now a healthy, strong boy, three years old, is a healthy, healthy, boy.

You can recommend your treatment with all my heart.

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Home Course In Health Culture

IX. — Sleeping For Health

By EUGENE L. FISK, M. D.
Copyright, 1916, by American Press Association.

SLEEP, that repose of all things. Sleep, that gentleness of the mind, that peace of the mind, from which comes quiet, who doth soothe the hearts of men weary with the toils of the day and reddit them for labor."

Thus spoke Ovid about the year 16 B.C. Since then little has been added to our knowledge of the actual mechanics of sleep. Psychologists and physiologists have their theories, but as it is difficult to put the sleeping brain under the microscope the "mystery of foisted sleep" is still a mystery.

Theories of Sleep.

Some have thought that the gradual accumulation of waste products in the blood brings on a condition of irritation or fatigue of the brain cells, finally resulting in depression and unconsciousness; others, that the delicate filaments by which the higher



CHEAP SLEEPING PORCH.

(A temporary sleeping porch outside a window, supported by braces set at an angle and protected by an awning, may be built at a cost of a few dollars.)

brain cell communities are arrested during sleep, thus withdrawing the brain from outside stimulation.

It is conceivable that if all our senses by which we communicate with the external world were paralyzed sleep would automatically follow. In fact, complete suspension of all sensory nerves except those of eye existed. By closing this the patient would at once be put to sleep.

Another theory assumes that the center of motor nerves center at the base of the brain which controls the blood vessels and equalizes the circulation of the blood throughout the body, becomes fatigued, resulting in a dilation of the arteries of the body and a lessened blood supply in the brain.

It seems well established that during sleep the heart beats more slowly and the brain exists, whatever may be the cause underlying it. This explains the feeling of drowsiness after a hearty meal, when there is a determination of blood to the digestive organs and a withdrawal of blood from the brain.

Importance of Sleep.
But there are many kinds of sleep, and it is not always easy to obtain a kind—healthful, restful sleep—the kind that "sildes into the soul."

That sleep is an important thing is sufficiently evidenced by the fact that man spends about one-third of his life time in that condition. The man who tried to sleep less proportion have usually paid the penalty which nature exacts for any attempt to cheat in "playing the game."

Value of Early Training.
Babies should sleep most of the time, but most of them do not. The discipline of early retiring should be commenced in childhood and rigidly enforced. The practice of allowing little children to go to bed at the same time as the parents, especially with those who are heartless, selfish and cruel. Children under ten years of age should be put to bed not later than 9:30 o'clock; from ten to fourteen years of age 8 o'clock should be the limit, and from then on until maturity is reached 9 o'clock is a safe time.

The evening meal should be simple and all excitement—excusing, reading of exciting tales, hard study, etc.—avoided. An effort should be made to encourage rather than disturb the natural drawing preliminary to the healthy sleep, which is real food to the rapidly developing child.

With a good start in life along these lines it will take a vast amount of abuse and neglect to destroy the habit of healthful sleep. For modern life is complex; its work and play are exciting, strenuous and sleep-unresting. The child who goes to sleep when the sun is up—the roof was a pleasant and soothing sound, is too often succeeded by the light and fitful sleep which vanishes with a crashing shutter or a gust of wind.

When one reaches such a state, what to do? It is easier to say what not to do, and we will approach the subject from the standpoints of:

Things to Avoid.

Not, above all things, seek relief in drugs. They are seldom really needed, and when they are actually necessary it is playing with dangerous fire to use them except under the advice and control of a physician.

Another thing to avoid is worry over

loss of sleep. It is surprising how little sleep a person can get along with, who deliberately keeps the hours and never gives a thought to the loss of sleep. A great deal of the injury to health from insomnia is caused by the attendant worry and fear that the condition will become chronic and that the lost sleep has produced some grave disease.

As a matter of fact, most cases of insomnia are readily curable if the patient's co-operation can be secured. In cases of mild insomnia, where the trouble is not of long standing and is not associated with nervousness or of some kind, very simple remedies will often suffice, and it is at this stage that a determined effort should be made to check the growing habit.

In the first place, have faith in your ability to check the tendency. Rest, quiet, and a few simple, quiet cures to bed with you and especially avoiding harassing problems immediately before retiring. Do your hard thinking in the morning hours. You will think more clearly and take less time about it. Make it a settled practice to work out your personal problems in the early hours of the day.

It is surprising how a prodigious worry which after a long day's work looks enormous and threatening, like the genie emerging from a bottle in the Arabian Nights, will dwindle away into a nonentity when viewed in the morning light. The tired brain cannot get a true perspective of affairs, and just as everything seems through a rough, uneven glass appears distorted so do our troubles when seen through a tired brain. The overworked, overstrained brain is well balanced. It weighs accurately and will measure real trouble when it comes and more thoroughly prepare to meet it than the overworked "evening brain," which is always crying "Wolf, wolf!"

If you are a committee man, think it out on the spur of the moment, write it down, and then as you plow the field. If you are so three blessed as to have a garden and a spare moment work it—dig, dig—and at one and the same time you will gain health and increase from your mental strains and twists.

Ways to Calm Physicians.

If all efforts to sleep come from the mind at night and the brain continues overacting in spite of every effort, if some sharp corner in life is being turned and nature's limit has been reached, then the time for the physician has arrived. The physician must be called, if prolonged illness or mental breakdown is to be avoided. The physician must use his judgment in each particular case, but it is seldom that he can not bring relief and restore normal sleep.

In the milder cases of insomnia, however, in addition to the cultivation of self control and orderly thinking habits as outlined, there are many other ways of quieting the nervous system.

The most potent is the hot foot bath. If you are skeptical, try one night when your brain is throbbing and your head is spinning from a long, vexatious day. Immense relief comes in as an easy walk from ten to twenty minutes. Then hop bed, shut your eyes, and it will be rare indeed that the "Land of Nod" will not open to you and give you rest. The evening foot bath is a mighty good thing even for those who are not easily disturbed with insomnia. It rests the brain and promotes a more normal sleep than most civilized people are able to get.

Another good remedy is a slightly warm general bath just before retiring. Both hot and cold general baths are stimulating and will not promote sleep.

Importance of Diet.

Restless, disturbed sleep with frequent dreams—the kind the little boy is marked so that you may not be used for cooking purposes—is not uncommon. In such cases indigestion is frequently responsible. Careful diet at the dinner table and a desire to wish to avoid trouble. Thorough chewing of all bread, pastry and vegetable food is advisable. Constipation must also be guarded against, not by the constant use of cathartics, but by excessive water taken rather by

carefully lowing.

Unfortunately I read

how to do it in the house hold hints column, and I couldn't resist trying to see how it would work—Brooklyn Life.

THE USEFUL CASSEROLE.

How to Make Cheap Dishes Pleasing to the Palate.

The casserole is a utensil which should be known in the American kitchen.

Awhile ago the casserole was an expensive imported dish. Now it is made in this country and can be bought for a small sum. Any fireproof earthenware dish, large or small, with a cover is a casserole or may serve in the place of one. The food cooked in the casserole is sent to the table in the same dish and has won by the process of cooking a savouriness it could hardly gain in any other way.

To make cheap dishes pleasing to the palate is the object of this article, especially now, when the cost of living in prices sends us all searching for ways in which to keep our bills down without letting our families feel they are being pinched in their food supply. In this effort the casserole is of distinct service.

Take, for instance, a casserole of venison, for this you may have a choice between lean portions.

Casseler is altogether too good and too expensive. You put the casserole on top of the stove and fry in it an onion in a little dripping and when this is hot lay in the slices of sponge cake, trim them neatly and lay them on a flat dish. Moisten each with a little fruit juice, and when the apples are partly cool cover each sponge slice with a layer of keeps, pressing the whole sharply.

When quite cold arrange the casserole in a saucer or in an ornamental dish. Ornament with cut angelica and crystallized violet.

Pommes Parisienne.—Pare some firm cooking apples and cook them gently in a thin syrup of sugar and water to which several thin strips of lemon rind have been added. Remove the apples and set them aside to drain and cool. While the apples are cooling, take a few ripe apples and surround them in a deep glass dish surrounded by abundance of broken lemon jelly piled between and around the fruit. Cover each apple with a cone of stiffly whipped sweetened cream. Serve very cold.

Apple Cullen.—Make a stiff apple puree, sweeten to taste and stir in a little softened gelatin. Set aside to cool. Meanwhile cut some slices of meat or fowl, but especially now, when the cost of living is high, when the meat is tender, if you choose to add a few sliced mushrooms to the dish you may do it, but it is good without these. At the last turn of the gravy, put it in a saucepan and thicken it with browned flour. Heat the kitchen bouquet, pour over the meat in the casserole, leave in the oven five minutes and send to the table.

This is a good, frugal dish to time with a fork to see if it is tender. If you choose to add a few sliced mushrooms to the dish you may do it, but it is good without these. At the last turn of the gravy, put it in a saucepan and thicken it with browned flour. Heat the kitchen bouquet, pour over the meat in the casserole, leave in the oven five minutes and send to the table.

This same plan may be followed with lamb or with liver. Use lamb's liver instead of calf's liver, if you really want to save money. Cut the liver into two or three slices of bacon, searing the liver in the bacon fat. If you choose you may add onions or sliced potatoes to the dish, parboiling them and putting them into the dish about half an hour before you take it from the oven.

Apple Salad.—Peel, core and some good cooking apples. Cut the fruit into thin slices. Arrange these in a pretty glass dish, sprinkle among the fruit some finely chopped nuts and shredded pineapple, dice with castor sugar, moisten with a little fruit juice and serve very cold.

Apple Salad.—Peel, core and some good cooking apples. Cut the fruit into thin slices. Arrange these in a pretty glass dish, sprinkle among the fruit some finely chopped nuts and shredded pineapple, dice with castor sugar, moisten with a little fruit juice and serve very cold.

Good Things to Know.

A dozen new laid eggs may cost a pretty penny, the price varies now, and when fresh eggs are carried to the friend at the hospital or even taken, instead of cheaper fruit or flowers to an invalid relative a home they are an invalid relative a home they are

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The ALBERTA LIVERY Feed and Sale Stables

Heavy Draying. All Rigs Guaranteed To Be
A. Careful Drivers. Travelling
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Blairmore Lodge, No. 98, meets in their
Hall 880 Victoria St., every Tuesday
7:30 p.m. Visiting brethren welcome.
J. F. HUNTER, J. D. S. BARRETT
Secretary
Noble Grand

FOR
Mining Timbers
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G. W. BEARD
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Undertaking --
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Headstones upright don't set up
COLEMAN, ALBERTA.
Hours for hire. Phone 125, day or night

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Wanted at once. An Experienced
Person (male or female) to manage
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ferred. Union wages. Apply, stat-
ing reference, etc., THE BLAIRMORE
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T. C. JONES
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Finest Breads, Cakes, Pies, etc.
Bride Cakes made to order.

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— or to —
COLEMAN, ALBERTA

MRS. CLIFFORD
- Millinery Parlor -
A Choice Selection of HATS on
hand or made to order. Half
Minute walk from depot, south of
Dearborn Street.
BLAIRMORE, - ALBERTA

D. A. TAYLOR, M.D.C.M.
SPECIALIST
EYE, EAR, NOSE AND THROAT
Stafford Block, Lethbridge Alta.
OFFICE HOURS - 9:30-12 a.m.; 2-5 p.m.; 7-8 p.m.

UNIQUE BARBER SHOP
and CIGAR STORE

GILROY & ROSE - Props.
High Class Work Guaranteed
Ladies' and Gents'
Clothes Cleaned
Pressed & Repaired
Telephone 32

Blairmore - Alberta

Furniture

IRON BEDS
BUREAUS
WASHSTANDS
PRICES AWAY DOWN

J. Montalbetti
MAIN STREET
BLAIRMORE, - ALBERTA

THE FRANK VINDICATOR

BARTLETT & BARRETT
Proprietors and Publishers

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J. D. S. BARRETT, Editor.
W. J. BARTLETT, Manager.

Frank, Alta., Friday, Feb. 10, '11

Editorial Brieflets

Last week's thaw was post-
poned on account of the weather.

Will the Seattle man who,
the other day, drank by mistake
carbolic acid for whiskey,
continue the use of that fire
water?

Great excitement prevailed
in town on Monday evening
last when it became generally
known that the west-bound
"local" arrived on time.

"How 'ard" it is to lose one's
means of livelihood, but how
glorious to the neighborhood to
have removed an obstacle to
the moral growth of Blairmore.

Many of Blairmore's citizens
will ever feel grateful to Mr.
W. A. Deyl for his last great
and noble act in suspending the
Cosmopolitan hotel's liquor license.

A recent transaction in Blair-
more has recalled to many
minds the bounteous supply of
strait settlements money which
prevailed in The Pass about
three years ago.

The trains are making better
time now than they have for
several weeks. The snow clouds
have departed, the storms have
past and jubilant persons have
now taken the places of the
dispondent ones.

Great mourning and lamenta-
tions were heard in the neighbor-
hood of the Cosmopolitan
hotel when the news got flashed
(or, flashed we meant to say)
around that its bar room had
been ordered closed.

The recent snow storms
which were the cause of incal-
culable loss to the railroads,
shippers, merchants and which
were the source of considerable
inconvenience to all, plainly
prove how puny man is to com-
bat with nature.

The heart of that great phil-
anthropist who is secretary of
the Coleman hockey club is in-
creasing in size at an alarming
rate. In two short months it has
grown from the size of a raspberry
to that of a strawberry. If it keeps on expanding there
will soon be no room for that
individual's soul in its diminutive
casket.

Some of the news (?) papers
are only now informing their
readers that the Duke of Con-
naught will be the next governor-
general of Canada, while
the readers of this family journal
were informed of this ap-
pointment three weeks ago.
The slowness with which some
so-called newspapers get the
news is surprising.

News has just been received
that Bellevue has been declared
a village. We congratulate
this new mining camp on its
rapid progress and hope that
in many years pass it will be a
large industrial centre.

The proposed reciprocity
agreement between the Dominion
of Canada and the United
States provides for the liberal
reduction from fifty to forty-five
cents per ton on coal. The re-
duction is so unreasonably and
disgustingly small that the
benefits which this great coal
mining district will receive from
it are not worth considering.

After a series of the most
howling blizzards that this part
of the country has ever experienced,
we are again enjoying the pleasant
chinooks and the radiance of earth's great lum-
inary. It is sunny Southern Alberta again. We are once
more being wafted along on
the balmy chinook and glided
through the days on a sunbeam.

The Coleman hockeyites say
that their gate receipts this
season are away smaller than
last year's. They should not be
surprised at that, for it is not
very characteristic of the small
man who is acting in the capacity
of secretary. He is a pre-
tentious person, with a small
body, large head with sym-
ptoms of swelling, who may be
seen with the "Cards" trying to
look wise whenever a game is
being played in Coleman.

Here and There

Fernie can now boast of having
six feet of snow.

Ten thousand are dying daily in
Manchuria from the pulmonary
diseases. A man of 100
topped to bottom.

Anthony Deyl's father died
at Tisbury, England, last week,
aged 74 years.

W. A. Deyl, who has been chief
license inspector for this province
during the past six years, resigned
on Saturday last.

By a vote of 188 to 159 it has
been decided to hold the Panama
Exposition at San Francisco and
not at New Orleans. This will
celebrate the opening of the Panama
canal in 1915.

The federal government has
called for tenders for the construction
of the ten new vessels of the
Canadian navy contemplated in
the initial building programme,
viz: Four Bristol cruisers and six
destroyers of latest improved type.

William Bull, a commercial
traveller, representing a Toronto
firm and who mysteriously dis-
appeared in September is now
known to have met his death by
drowning. His body was picked
up on the Arrow Lakes last week.

The Canadian Pacific coast has
just emerged from a chilly wave
and the thermometer was almost
down to zero. The moss-tacks
called that cold. A Winnipegger
would say: "We call this wave in
Peg. We revelled in snow. I now
pine for a good long sleigh drive
and the music of the bells. I
yearn for a skate upon some glossy
ice and to take part in toboggan-
ing." The Old Timer would
probably say: "Keep your cold-
storage pleasures East of the rock-
ies. I find no music in sleigh bells.
There is no music more soothing
than the rain upon the roof. Give
your days to skating and your
nights to toboggan parties. I
want none of them. All I ask is
the company of my umbrella."

The "2" Big Stores

USEFUL THINGS
for every household, office or place
of business are contained in our fine
assortment of First Quality Hard-
ware. The want of a hammer, saw,
file or wrench has delayed many a
much needed improvement. The
possession of a complete set of tools
acts as an incentive to make bene-
ficial alterations about the house.
We sell everything in the hardware
line, and our prices are very moder-
ate.

Watch our "ad" and window each week, it will pay you.

**The Crows Nest Pass Hardware Co.
Limited**

Blairmore Frank

THE INTERNATIONAL COAL AND COKE CO., LTD.

Operates the Denison Collieries

AT COLEMAN, ALBERTA.

Mines High Grade Steam
and Coking Coal.

Manufacturers of the Best
Coke on the Market.

MAKE MONEY EASY

If you would do so, invest in Town Lots in
the most substantially founded and best busi-
ness community in the Crows Nest Pass.

THAT PLACE IS COLEMAN.

Write to or apply at the head office of

THE

INTERNATIONAL COAL & COKE CO., LTD.

At Coleman, Alberta.

BLAIRMORE FLOUR & FEED STORE

W. Wolstenholme, Prop.

Ninth Avenue

HEADQUARTERS FOR —

Hay, Oats, Wheat Bran & c
Agent for "PURITY" FLOUR

The Best Flour on the Market

PHONE 140.

P. O. BOX 82

Blairmore

Alberta

WATSON'S

Frank Blairmore HOSPITAL SUNDRIES

Christmas Goods

We just received a large consignment of
Christmas goods suitable for presents to send to
your friends in the Old Country. A large sup-
ply of picture post cards also just in. We
invite you to come in and inspect our goods.

There's a Reason
Remember WATSON'S Store

MAKE YOUR HENS LAY!

By giving them
DR. HESS' PANACEA
35c per package

The Blairmore Hardware Co.

L. DUTIL, - Prop.

Frank Wins Married Men's Game

The Blairmore married men challenged the married men of Frank to a game of hockey. The Frank gaffers, being true sports, accepted the challenge and the game was played at Frank on Wednesday night. It was a good game throughout, Frank winning by a score of 4-2. The Blairmore pretenders returned home towards the morning, sadder but, probably, wiser men.

CANADIAN PACIFIC**Western Excursions Single Fare**

PLUS \$2.00, FOR THE ROUND TRIP

From all stations in Ontario, Port Arthur and West, Manitoba, Saskatchewan and Alberta

— to —

Vancouver Victoria and New Westminster

Tickets on sale December 15, 16 and 17, 1910; January 20, 21, 22 and 23, and February 14, 15 and 16, 1911; good to return within three months from date of issue.

Apply to nearest Canadian Pacific Railway Agent for full information.

A Purchase That**Will Pay!**

PASSBURG is going to be The Metropolis of the Foothills, and Land is Increasing in Value faster than in any other part of Sunny Alberta.

The Prettiest and the Most Conveniently Located Residential Lots on the Townsite are now on the market and for sale by the undersigned.

Low Prices and Easy Terms to those requiring Building Lots.

Plans, etc., may be seen on application to

JAMES REDFERN REDFERN'S LAKE**Passburg, - Alberta****TENDERS WANTED**

Tenders will be received at the office of the Secretary-Treasurer of Blairmore Council on or before Saturday, Feb. 11, 1911, on which to erect a Fire Hall for the village of Blairmore. Lowest or any tender not necessarily accepted.

W. A. BEEBE, Secretary-Treasurer

Blairmore, Alberta
January 21, 1911.

**A HOME Away From HOME
Cement Lodge Boarding House**

Is the place for Young Men, living in Blairmore, who desire a good Home, as everything is done to make them comfortable, and the

Table Is Second to None in the District

Terms on application.

Pinkney & Lee
PROPRIETORS

For Sale

Log house in Blairmore annex. Must be sold at once. Apply to

**K. McFARLANE
Frank, Alberta.**

Blairmore Shoeing Forge

R. SMALLWOOD, Proprietor
Formerly owned by H. Gebo

First-Class Work guaranteed.

Prompt attention given to all work.

Experience in all branches of the trade.

Never Slip Shoes in stock.

Blairmore Alberta

The Blairmore Livery Stable

Bruneau & Houston,

Barn Phone, No. 73.
House Phone, No. 16.

Blairmore, Alberta

McFARLANE

The Pool Room of The Pass

— | —

NEW TABLES

— A L S O —

English Billiard Table

— | —

The Best Bowling Alley

in The Pass

— | —

The Finest Brands of Tobaccos

and Cigars Kept in Stock

Frank Alberta

Happenings in and Around Blairmore

R. G. Munro is able to be about again.

Colin McLeod, of Macleod, was in town Tuesday.

S. J. Shepherd was in from Lethbridge on Tuesday.

T. B. Brandon paid us a formal visit on Monday last.

F. H. Hutton arrived in town from Grand Forks on Sunday.

Alex. Cameron and H. A. Parks were down from Coleman on Sunday.

R. B. Buchanan, of the Eastern Townships bank, Coleman, was in town on Tuesday.

There is no truth in the report that the Coleman Miner returned to Blairmore on Sunday.

H. G. Benson returned from Aylmer, Ont., on Sunday last after spending two months with friends.

The local hockey club are grateful to Mr. H. F. Weber for presenting to them eight neat and attractive hockey suits.

Alex. Easton and Charlie Ouimette, of Coleman, attended the exhibition game, Frank vs. Blairmore, at the Blairmore rink Monday night.

The management of the Hon. Peter McLaren's Blairmore interests has been taken over by Wm. Barratt, dating from February 1st.

A dance will be given in the Mercantile hall, a Friday evening next, under the auspices of the Blairmore hockey club. Come and make merry.

Harry Donthorne, late accountant at the Macleod office for the Hon. P. McLaren, has taken up residence at the Blairmore office.

An up-to-date skate-sharpening machine has just been installed by Robert Smallwood, in his forge. Those who wish to have their skates properly attended to should see Mr. Smallwood.

WANTED—By a young man of good habits, a position as clerk in a store or as an office hand. Have had many years experience and was manager of a general store for several years. Have best references. Apply "A. B." Drawer E, Blairmore.

Mr. Pegg, su't. cement works, arrived in town on Wednesday.

Inspector Belcher arrived in town Monday night from Pincher Creek.

John Haering and J. R. Milligan arrived in town from Lethbridge on Monday's local.

W. Young returned from the South Fork last week and re-entered upon his duties with the 41 Market Co. this week.

Frayer & Sinclair have secured the contract for the erection of a large kitchen and bunk house for McLaren's saw mill at the west end of Blairmore.

The Blairmore Cash Trading Co.

continues to sell for cash, and by a judicious use of the local paper are educating the public regarding the benefits of the cash system.—Western Canada Trade Gazette.

Count Delta Ginestra paid us a visit on Monday. The Count is in town for the purpose of lecturing to his fellow-countrymen of which a fuller announcement is given elsewhere in this issue.

A cow belonging to Mrs. Foster, in attempting to walk across the railway bridge over Lyon's Creek on Friday night, got its legs down between the bars where it lay for a considerable time powerless to extricate itself, until a passer by came along and summoned a rescue party. After a considerable time the animal was successfully raised from its predicament, but only a few minutes before the arrival of the east-bound train.

The dance given by Daniel Fukner at the Miner's Hall, Blairmore, on Saturday night was a "swell" affair. From an early hour crowds gathered till the spacious hall room was packed by the ardent followers of the terpsichorean, and the fairer sex and their partners danced merrily to the sweet strains of the Greco orchestra. The music was excellent and everything went towards making the affair an enjoyable one. Luncheon was served at one o'clock, when all did full justice to the dainty sandwich and macaroni dishes provided. A song by Mrs. Caughton was very much enjoyed as was also a speech by the host of the evening, Mr. Fukner.

Wit is the wine of intellect which ill-nature turns to vinegar.

News of World-Wide Interest From the Canadian Metropolis

Correspondent,
an old tennis
minutes, Feb. 8.—Although Canada's loss by forest fires was far less this past year than on any previous year, although her record through many years has been much better than her neighbors in the United States, concerted efforts are now under way to minimize in a practical manner the many dangers which, from one source and another, beset her timber wealth.

An incorporation of brains might well describe a company which has just made its bow to Montreal. It is a new idea in Canada to incorporate brains, but besides having brains it has a capital of \$500,000. Whoa a man wants to invest his savings he is invariably met with the question "what securities are safe?" Canada is full of good bricks propositions these days. They will all seem good if you believe the promoter. How to distinguish? That is a problem which has been worrying the investing public for ages, but a problem which hereafter will have been solved. Charles Calan, K. C. and H. A. Lovett, K. C. U. have turned the trick. They have formed a company of which Mr. R. Lloyd-Jones is the manager. A large staff of consulting engineers, auditors, accountants and other expert investigators has been carefully selected for this most interesting

The noiseless typewriter has made its appearance, and where once a babel of clicks and clacks resounded through an office all is as quiet and tranquil as a church. It took a long time for Samuel P. Kidder, an American, to perfect a noiseless typewriter machine, and longer for the invention to reach Canada. Now the demand for it is so great that it is impossible for the factory at Middle-town, Connecticut, to supply half the required number. To one of a mechanical turn of mind the noiseless machine is of great interest for the tranquility it brings.

The cocaine clause to the opium bill which will be introduced in the House of Commons by the Hon. William Lyon Mackenzie King is a direct result of the investigations made by a little band

Blairmore Hotel

D. C. DRAIN, Prop.

BLAIRMORE, ALTA.

20¢

OUR BAR IS STOCKED WITH THE FINEST WINES

LIQUORS AND CIGARS

Good Rooms. Good Meals. Rates, \$2.00 per day and up

P. Burns & Co., Limited**Choice Meats**

both fresh and smoked

Turkeys

Ducks

Chickens

Geese

PROVINCIAL CREAMERY BUTTER

Give us a trial

FRAYER'S PHONE NO. 29

SINCLAIR'S PHONE NO. 60

Frayer & Sinclair

Contractors & Builders

**PLANS FURNISHED
ESTIMATES GIVEN****DEALERS IN**

Rough & Dressed Lumber, Sash & Doors

Shingles & Lath

Blairmore

Alberta

and important work. It is the first institution of its kind in Canada.

of workers in Montreal, who have found that the cocaine sniffing evil has reached large proportions in the city and country, and is doing untold damage to the boys and girls of Canada. Mr. King will ask for cast iron legislation setting an absolute ban on the sale of cocaine in the Dominion of Canada except for medical purposes and providing heavy punishment for violators of the law. The present laws have proved totally inadequate in coping with the evil, and Chief Carpenter of the Detective Bureau, has made the startling announcement that fully four-fifths of the young boys and girls who fall into his hands, have the habit in a greater or lesser degree, and that he and his men are almost powerless to check the sale by unscrupulous druggists

A pair of engine driving wheels are reckoned to last about 67,000 miles' travel.

THE LEITCH COLLIERIES, LTD.

Passburg, Alberta

Steam and Domestic Coal

High Grade—Uniform Quality

Head Office

Northern Bank Building, Winnipeg, Man.

Sales Office and Mines

Passburg, Alta.

Careful Attention to all Trade.

Correspondence Solicited.

Patronizing Follows Persistent Advertising

THE CASH STORE

PHONE 13

A Few of Our Prices are

FLOUR : Five Roses, 98 lb \$3.50
Robinhood, 98 lb 3.50
St. Charles Cream.....10c.
Creamery Butter, 3 lbs. \$1.00
Force, per package.....15c.
Corn Flakes.....10c.
Cream of Wheat.....20c.
Orange Maize, large, 2 for 45c.
Puffed Rice, per package 12½c.
Magic Baking Powder 12oz 20c.
" " 5s. 11½c.
Dr. Price's do 12oz 40c
" " 5s. 2.10

Pay Day will soon be here. Keep back \$30.00 and buy your Groceries for the following month at The Cash Store. — No worry. No disputes. The cash buyer is an independent buyer. No obligations to anyone. Many people are feeling 'cheesy' over the

NEW WAY OF DEALING. — YOU TRY IT.

Cash Store

BLAIRMORE

ALBERTA

Blairmore Liquor Store

THE LIQUOR STORE OF QUALITY

WE CARRY THE BEST

wines and liquors and they possess purity and deliciousness of flavor that is truly satisfactory.

Prepare for the Holiday Season.



WINES AND LIQUORS

are the kind you should serve. They'll please everyone who appreciates quality and smoothness of flavor. Order your order now, delivery will be made immediately.

Phone Your Orders To No. 45 and You Can Depend on Prompt Delivery.

M. Rosse

Proprietor

WEST CANADIAN COLLIERIES LIMITED

Belgian Coke Ovens, of the

Bernard Type, in use at Lille.

Miners of STEAM, COOKING AND DOMESTIC COAL

MINES AT BLAIRMORE, LILLE AND BELLEVUE
HEAD OFFICE AT

BLAIRMORE - ALT.

WE DO GOOD JOB WORK
Prompt Service.
Best Attention
PHONE 11. P.O. BOX 'E'

Police Court Busy Place This Week

Mike Yulk was up before Justice Pinkney on Monday morning charged with assaulting Hanna Yamashita on Saturday night last. He pleaded guilty to the charge and was fined \$15 and \$6.75 costs.

John Kawbel, a Pole, appeared before Justices Belcher and Pinkney on Tuesday forenoon, on the charge of obtaining goods under false pretences from a dry goods store on January 13th. Kawbel went to the store on that date, after receiving a discharge and being paid off by the West Canadian Collieries, and obtained a suit of clothes and pair of shoes, valued in all at \$25, giving therefor an order on the company for that amount. Kawbel was removed to Burmis to work in the collieries there, where he was arrested on Monday. He pleaded guilty to the charge and was given three months servitude in the Macleod gaol.

The case of Milligan vs. Carroll, for an alleged misappropriation of funds, came up for hearing at one o'clock Tuesday afternoon. Justices Belcher and Pinkney occupying the judicial bench, S. J. Shepherd, of Lethbridge, appeared for the plaintiff, Colin McLeod, of Macleod, for the defendant.

The evidence of J. R. Milligan was taken in full, and upon cross examination by McLeod facts were produced which gave new light upon the case, whereupon Milligan decided to withdraw the charge and the case was dismissed.

A little rumpus was caused in the Blairmore car early Friday morning last and because of that the sum of \$33.25 has since been deposited in the exchequer of the province. Andrew Miller and D. Boyle were each fined \$5 for being drunk and disorderly and creating a disturbance and they were also required to pay \$4 costs, each. Garfield Gamble was also up on similar charge, but he pleaded not guilty and those who gambled that Gamble would lose, lost. Joseph Fashong, of Bellevue, the quarian, after giving his view on the matter had to pay the sum of \$15.25 for bad conduct and damage to property.

Three youths appeared before Justice Pinkney on Friday evening charged with a petty theft. Robert Lee was sentenced to the Industrial School at Lethbridge in Prairie for two years. The other two lads, Charlie Roy and Willie Boyd, were let go with a severe warning.

Pete McEwan was up before Justice Pinkney on Wednesday for being drunk and disorderly. He was charged \$7 and \$4.50 costs for his conduct.

Hutton-Sinclair

A quiet but pretty wedding took place at 6:30 o'clock yesterday (Wednesday) evening, at the home of the bride's brother, D. A. Sinclair, State Street, when Miss Lillian Mae, daughter of Mr. and Mrs. Duncan Sinclair of Bellevue, Ontario, became the wife of Mr. Frank H. Hutton, of Grand Forks, B. C.

The ceremony was performed by the Rev. J. F. Hunter. The bride, who was given away by her brother, wore a heavy gown of ivory duck-egg blue with a wide dress of point lace and carried a wreath of bouquet of white bridal roses and ferns. The bride wore a veil of silk tulle. Violet Mae Sinclair, the little niece of the bride, acted as flower girl and looked pretty dressed in a cream silk, carried a basket of pink roses and ferns. After the nuptial knot had been tied, the happy party sat down to a delightful repast. The house was nicely decorated for this pleasant occasion with pink and white carnations and white hyacinths.

Mr. and Mrs. Hutton, the latter wearing a travelling suit of navy blue with hat to match, left on the 9 o'clock train for a trip through Alberta and the Western States, before taking the steamer to Grand Forks, B. C., where they will be after February 22nd. They join many friends in wishing them a long, prosperous and happy wedded life.

LIQUOR LICENSE IS SUSPENDED

And the Selling of Booze Is no Longer Allowed at the Cosmopolitan Hotel.

MANY CITIZENS ARE PLEASED
And Think the Government Acted Very Wisely in Closing up that Saloon

On Saturday evening last the Cosmopolitan hotel was informed by wire from Edmonton that its liquor license had been suspended, and in consequence of this the bar was closed and its liquor business brought to a standstill.

Harry Howard has been proprietor of the Cosmopolitan hotel for some time. He lost other license by not carrying out the laws. When he was unable to secure a license in his own name, J. E. Boyle, his brother-in-law, obtained one for that hotel.

Many are pleased at the action taken by the government in closing the Cosmopolitan bar.

Some claim that two licensed hotels are sufficient in a town of this size. There are only two at Coleman. In our opinion, the government acted wisely in cancelling this license, and we have no hesitation in saying that we believe the town of Blairmore will be better off if liquor is never more sold at the Cosmopolitan hotel.

Regular Meeting of Board of Trade

The regular monthly meeting of the Blairmore Board of Trade was held in the Union Bank building on Monday evening last. The following members were present: T. R. W. Coulthard, president; T. B. George, secretary; W. A. Beebe, T. Frayer, L. Dutil, S. Sinclair, A. McLeod and J. Montalbetti.

Communications were received from several parties who described much information about Blairmore, they considered it was a very important town and one to which many enterprising persons desirous of good business locations might come. The enquiries were accepted and the secretary was instructed to attend to them.

Blairemore Lodge, No. 68, I. O. O. F., put in a tender for a meeting place for the Board. The price being considered too high the tender was not accepted.

The Board considered that letter boxes were badly needed at the C. P. R. station. It was decided to inform the authorities of its urgent necessity.

T. Frayer proposed H. F. Weber as a new member. He was accepted.

Incorporation was not discussed. It was decided to lay the matter over until some information had been received from some of the incorporated towns in this province.

Do you know that croup can be prevented? Give Chamberlain's Cough Remedy as soon as the child becomes hoarse or even after the croupy cough appears and it will prevent the attack. It is also a certain cure for croup and has never been known to fail. Sold by dealers everywhere.

Blairmore Loses Blairmore Wins

The exhibition hockey game at Frank on Saturday night was attended by unusual excitement, a large crowd of spectators and poor ice. Owing to the heavy snow falls of the past few weeks it was difficult to find dumping space for the enormous quantities that gathered inside the fence and consequently the ice was in a very unfit condition. The Blairmore boys arrived at the rink about 9 o'clock and the game commenced at 9:30. In the first twenty-five minutes Frank scored two goals. In the second, Blairmore secured one point in her favor, but owing to officials and fans the fences were repeatedly decorated with the "all white" and "blue F" sweaters. In the final third the play was faster than usual, and it was some time before the "puck" was admitted to its objective station. Official score 3-1 in favor of Frank.

A good return game was played on the Blairmore rink on Monday night, when the hockey votaries were favored with fine weather, a large audience and splendid ice. Frank ventured to play a return exhibition with Blairmore, but did not find things pan out as they had expected, for from the start the Blairmore boys had matters all their own way. In the first third there was a continual run of victory for the locals, the record at "time" being Blairmore 3, Frank 0. In the second heat Hennessey became disabled and was obliged to leave the ice; his place being filled by H. E. Lyons. The score at the finish of half time was Blairmore 7, Frank 2. The final third was the fastest yet, and some good play was put up by the Frank boys, although they failed to materially fill up the deficiency in their score. Final count 9-3 in favor of Blairmore. The best of play and humor prevailed all through, and from beginning to end the Blairmore boys showed their worth to advantage, being greatly encouraged by their unexpected success and the deafening applause from the onlookers.

Blairmore's team now hope to meet with Coleman on the local ice, and if such can be arranged for an interesting game will result. In the past her team has been up against many difficulties which has retarded practice and success. Through poor management the rink has not been kept in a suitable condition, until the present week, therefore the boys have had little or no chance of practice and could not under the circumstances expect to win any honours.

The Count is a son of Prince Act who was once premier of Sicily and his grandfather was the general chief of the Sicilian armies before the absorption by Italy in 1861. He won a wager with the Due di Montiragno of Calabria, Italy, of \$20,000 for walking 20,000 miles. The Count commenced his long journey on February 3, 1901, from Naples and travelled through Italy, Spain, Portugal, Germany, Canada, United States, Mexico and South America and completed his most trying and miraculous journey at Buenos Ayres on January 25, 1904.

During his 20,000-mile journey, the Count had many hair-breadth escapes from death. He fell in a well, thirty-five feet deep, in Wales in June, 1901, was buried in a cone of sand while on his way from Indiana to Tucson, Arizona, in September, 1903. At Bisley, Arizona, he was deluged in a rain. He was pursued by a pack of savage dogs and was shot at twice. While in Southern America, he was shot in the back by Indian bandits and had to crawl several miles before he could reach a hospital.

The Count's troubles were not over when his journey was completed. After working thirteen months on a book entitled "The Poor Son of a Prince"—a story of his 20,000-mile walk, the hope of his life was destroyed in San Francisco at the time of the recent earthquake.

Alberta Trading Co.

TELEPHONE 147

We are headquarters for GOOD COFFEE

We have Coffee from 22c. per pound to 60c. per pound.

Try our FRESH ROASTED BEANS at 35c. per pound.

They cannot be beaten for flavor.

Watch our windows next week. It will pay you!

Gales & Hamel High Class Family Crocers

Blairmore. - Alta

W. A. Beebe

o—o—o

Real Estate and Insurance

Broker in Mines and Mining Stocks

o—o—o

Houses for sale or rent and rents collected.

Issuer of Marriage Licences and Notary Public

VICTORIA STREET

Blairmore, Alta.

late many of his hair-raising stories. This lecture will be over at 10 p.m. when a short address will be given in English which will be followed by a dance.

The Count is a son of Prince Act who was once premier of Sicily and his grandfather was the general chief of the Sicilian armies before the absorption by Italy in 1861.

He won a wager with the Due di Montiragno of Calabria, Italy, of \$20,000 for walking 20,000 miles. The Count commenced his long journey on February 3, 1901, from Naples and travelled through Italy, Spain, Portugal, Germany, Canada, United States, Mexico and South America and completed his most trying and miraculous journey at Buenos Ayres on January 25, 1904.

During his 20,000-mile journey, the Count had many hair-breadth escapes from death. He fell in a well, thirty-five feet deep, in Wales in June, 1901, was buried in a cone of sand while on his way from Indiana to Tucson, Arizona, in September, 1903. At Bisley, Arizona, he was deluged in a rain. He was pursued by a pack of savage dogs and was shot at twice. While in Southern America, he was shot in the back by Indian bandits and had to crawl several miles before he could reach a hospital.

The Count's troubles were not over when his journey was completed. After working thirteen months on a book entitled "The Poor Son of a Prince"—a story of his 20,000-mile walk, the hope of his life was destroyed in San Francisco at the time of the recent earthquake.